

APPENDIX

APPENDIX A:

**Sources Used in Developing
This Publication**

APPENDIX B:

**Resources for Developing
Mental Health-Friendly Workplaces**

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APPENDIX B

Resources for Developing Mental Health-Friendly Workplaces

Federal Government Resources

Substance Abuse and Mental Health Services Administration (SAMHSA)

Telephone: 800-WORKPLACE

SAMHSA is a Federal agency working to ensure that people with or at risk for a mental or addictive disorder have the opportunity for a fulfilling life that includes a job, a home, and meaningful relationships with family and friends. Visit www.workplace.samhsa.gov for information on substance abuse, EAPs, violence, stigma, and discrimination in the workplace, among other topics.

National Mental Health Information Center (NMHIC)

Telephone: 800-789-2647

SAMHSA's NMHIC was developed for users of mental health services and their families, the general public, policymakers, providers, and the media. Staff members are skilled at listening and responding to questions from the public and professionals, and quickly direct callers to Federal, State, and local organizations dedicated to treating and preventing mental illness. Visit www.mentalhealth.samhsa.gov to find information on Federal grants, conferences, and events, and to read more than 600 publications.

National Institute of Mental Health (NIMH)

Telephone: 1-866-615-NIMH

NIMH conducts and supports research on mental disorders and the underlying basic science of the brain and behavior; collects, analyzes, and disseminates information on the causes, occurrence, and treatment of mental illnesses; and communicates information to scientists, the public, the news media, and primary care and mental health professionals about mental illnesses. Visit www.nimh.nih.gov to read current news about mental health and find descriptions of mental health disorders.

U.S. Equal Employment Opportunity Commission (EEOC)

EEOC is a Federal agency that coordinates all Federal equal employment opportunity regulations, practices, and policies. EEOC also administers the Americans with Disabilities Act. Visit www.eeoc.gov for more information.

Other Resources

Following are a selection of private, voluntary organizations that can help provide information on mental health issues. This list is not all-inclusive and does not imply endorsement by the Substance Abuse and Mental Health Services Administration or by the U.S. Department of Health and Human Services.

American Journal of Health Promotion

This Web site lists many past issues of the Journal by topic as well as other publications that would be helpful to any group planning the addition of a wellness program. The list includes a handbook, "How To Design Workplace Health Promotion Programs," 5th edition. Go to www.healthpromotionjournal.com.

American Psychiatric Association (APA)

Telephone: 703-907-7300

APA is a medical specialty society working to ensure humane care and effective treatment for all persons with mental disorders, including mental retardation and substance-related disorders. A quarterly newsletter, *Mental HealthWorks*, is available on the Web site, as are fact sheets and other useful information for employers and employees. Visit www.psych.org/public_info/ for fact sheets and pamphlets.

American Psychological Association (APA)

Telephone: 800-374-2721

APA is dedicated to promoting psychological science's many contributions to workplace issues through public education and outreach, advocating for applied psychology in national and regional forums that address workplace issues, and facilitating the active involvement of psychologists in workplace policymaking. Visit www.apa.org/science/workplace.html to read articles about psychology in the workplace.

Anxiety Disorders Association of America (ADAA)

Telephone: 240-485-1001

ADAA is a nonprofit organization whose mission is to promote the prevention, treatment, and cure of anxiety disorders and to improve the lives of all people who experience them. Members include clinicians and researchers who treat and study anxiety disorders, as well as individuals with anxiety disorders and their families and other interested individuals. Visit www.adaa.org for information about anxiety disorders, to locate a self-help support group, for online screening, and for other resources.

US Business Leadership Network (USBLN)

Telephone: 202-376-6200

USBLN, chaired by the U.S. Chamber of Commerce, is a national program led by employers in concert with State Governor's Committees and/or community agencies that engages the leadership and participation of companies throughout the United States to hire qualified job candidates with disabilities. The U.S. Department of Labor, Office of Disability Employment Policy supports the USBLN concept of business-to-business mentoring and has provided financial support for its annual summit. Go to www.usbln.com for locations and contact information for State business leadership networks.

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)

Telephone: 800-233-4050

CHADD is a national nonprofit organization that represents individuals with attention-deficit/hyperactivity disorder for education, advocacy, and support. The organization is composed of dedicated volunteers from around the country who play an integral part in the association's success by providing resources and encouragement to parents, educators, and professionals on a grassroots level through CHADD chapters. For information about diagnosis and treatment, suggestions for living with ADHD, and discussion of education issues, visit www.chadd.org.

Consumer Organization and Networking Technical Assistance Center (CONTAC)

Telephone: 888-825-TECH

CONTAC is a resource center funded and maintained by SAMHSA's Center for Mental Health Services for consumers and consumer-run organizations across the United States. CONTAC provides technical assistance (TA) in the areas of communications and networking, training and skill-building, and sharing lessons learned. The objectives of the TA are to foster self-help, leadership, and management skills; address unmet needs of local and diverse consumer organizations; strengthen relationships among stakeholders; support capacity building; and participate in national collaboration. To learn more, visit www.contac.org.

Depression and Bipolar Support Alliance (DBSA)

Telephone: 800-826-3632

DBSA is a consumer-directed organization that focuses on the most prevalent mental illnesses—depression and bipolar disorder. The organization provides scientifically based tools and information written in plain English. To obtain online information about mood disorders, to find a support group in your community, or to join an online discussion forum, visit www.dbsaalliance.org.

Federation of Families for Children's Mental Health (FFCMH)

Telephone: 703-684-7710

FFCMH is the Nation's advocacy organization for families of children and youth with mental health needs. FFCMH aims to provide and sustain leadership for a broad and deep nationwide network of family-run organizations. FFCMH also advocates at the national level for the rights of children and families, and transfers insights and experiences to statewide family organizations, local chapters, and other family-run organizations so that skillful and effective advocacy can occur at State and local levels as well. Visit www.ffcmh.org to learn more.

Employee Assistance Professionals Association (EAPA)

Telephone: 703-387-1000

EAPA is an organization for employee assistance professionals. EAPA hosts an annual conference, publishes a journal for the employee assistance profession, and offers trainings and other resources. Visit www.eapassn.org to learn more about EAPA and to expand your knowledge of workplace issues and trends affecting performance and productivity.

Health Enhancement Research Organization (HERO)

Telephone: 205-969-2680

HERO is a national, research-oriented, nonprofit coalition of organizations with common interests in health promotion, disease management, and health-related productivity research. HERO facilitates research that will direct the health care system toward one with major emphasis on prevention and a more healthy and productive population. HERO coordinates and manages a variety of research projects like the study that inspired Highsmith to address its rising health costs. Visit www.the-hero.org for more information.

Job Accommodation Network (JAN)

Telephone: 800-526-7234 (V/TTY)

JAN, a service of the Office of Disability Employment Policy, U.S. Department of Labor, is a toll-free resource for anyone who has questions about job accommodations or the employment sections of the Americans with Disabilities Act (ADA). Trained consultants respond to questions, discuss specific job accommodations, and suggest additional resources. Go to www.jan.wvu.edu for employer resources.

National Alliance for the Mentally Ill

Telephone: 800-950-NAMI

NAMI is a nonprofit support and advocacy organization of consumers, families, and friends of people with severe mental illnesses working to

achieve equitable services and treatment for Americans with mental illnesses and their families. NAMI volunteers provide education and support, combat stigma and discrimination, support increased funding for research, and advocate for adequate health insurance, housing, rehabilitation, and jobs for people with mental illnesses and their families. To learn about NAMI's research, public policy, available educational resources, and upcoming events, visit www.nami.org for more information.

National Mental Health Association (NMHA)

Telephone: 800-969-NMHA

NMHA is a nonprofit organization addressing all aspects of mental health and mental illness. NMHA works to improve the mental health of all Americans, especially the 54 million individuals with mental disorders, through advocacy, education, research, and service. For current news and resources about mental health in America visit www.nmha.org for more information.

National Mental Health Consumers' Self-Help Clearinghouse

Telephone: 800-553-4539

The National Mental Health Consumers' Self-Help Clearinghouse is a consumer-run national technical assistance center serving the mental health consumer movement. It helps connect individuals to self-help and advocacy resources and offers expertise to self-help groups and other peer-run services for mental health consumers. Part of its mission is to promote consumer participation in planning, providing, and evaluating mental health and community support services. Visit www.mhselfhelp.org for more information.

National Partnership for Workplace Mental Health

E-mail: workplace@psych.org

The mission of the National Partnership for Workplace Mental Health is to develop and support educational efforts focusing on: (1) better understanding of the benefits to a mentally healthy workforce; (2) early recognition of mental disorders; (3) effective treatment; and (4) appropriate access to quality mental health care. For tools and resources for employers and managers as well as current news on mental health in the workplace, visit www.workplacementalhealth.org.

Peer-to-Peer Resource Center

Telephone: 800-826-3632

The Peer-to-Peer Resource Center is affiliated with the Depression and Bipolar Support Alliance (DBSA). DBSA is a consumer-directed national organization with more than half of its board of directors, committee members, and staff diagnosed with a mental illness. The center serves people living with all kinds

of mental illnesses, including depression, bipolar disorder, anxiety disorders, and schizophrenia. The Peer-to-Peer Resource Center is funded by a grant from SAMHSA's Center for Mental Health Services. For more information, visit www.peersupport.org.

Wellness Councils of America (WELCOA)

Telephone: 402-827-3590

WELCOA is a national nonprofit membership organization dedicated to promoting healthier lifestyles for all Americans, especially through health promotion initiatives in workplaces. WELCOA focuses on building Well Workplaces—organizations that are dedicated to the health of their employees. To learn more about WELCOA's efforts on workplace wellness and find tips about what you can do to build your own Well Workplace, visit www.welcoa.org for more information.



MENTAL
HEALTH

it's part of our workplace